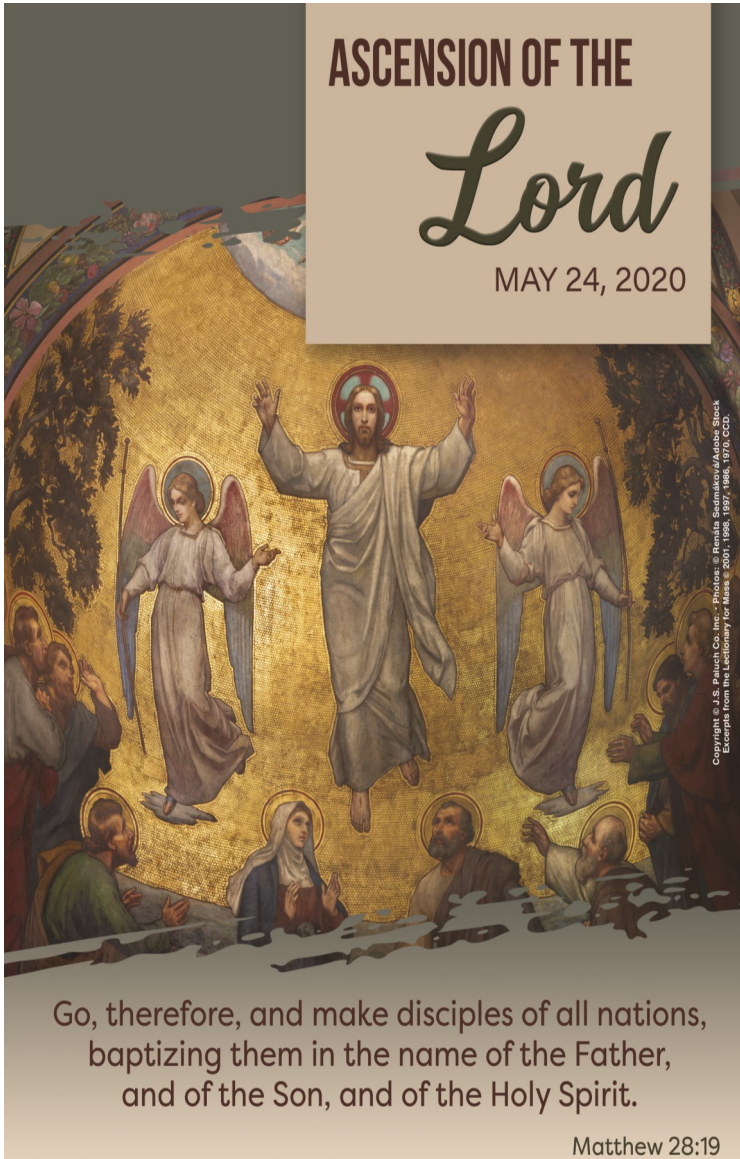




The Cathedral of Saint Thomas More
 3901 Cathedral Lane Arlington, VA 22203
 Most Rev. Michael F. Burbidge, Bishop of Arlington



ASCENSION OF THE
Lord
 MAY 24, 2020

Go, therefore, and make disciples of all nations,
 baptizing them in the name of the Father,
 and of the Son, and of the Holy Spirit.

Matthew 28:19

Clergy

Most Rev. Michael F. Burbidge, Bishop of Arlington
 Very Rev. Patrick L. Posey, Rector
 Rev. Christopher Christensen, Parochial Vicar
 Rev. Michael Isenberg, In Residence
 Rev. Ghenghan Mbinkar, In Residence

Rectory Office

**** NOTE NEW HOURS****

During Stay-at-Home Orders

10:00am—2:00pm Monday through Friday

Phone: 703-525-1300; Fax: 703-528-5760

stmeparishoffice@cathedralstm.org

Website: www.cathedralstm.org

Religious Education

Phone: 703-525-1300, ext 28

School

105 N. Thomas Street

Arlington, VA 22203

Phone: 703-528-6781; Fax: 703-518-5048

www.stmschool.org

Mrs. Catherine Adams Davis, Principal

Christian Initiation

Rev. Christopher Christensen Phone: 703-525-1300

frc@cathedralstm.org

Music Ministry

Phone: 703-525-1300, ext 35

Dr. Richard P. Gibala, Director of Music

Hispanic Apostolate

Phone: 703-841-3883

200 N. Glebe Road, Arlington, VA 22203

Sacramental Information

PENANCE: Thursday 7:30pm to 8:30 pm
 Saturday 4:00-5:00pm and by appointment;
 Sunday En español: 12:15pm—12:45pm

BAPTISM AND MATRIMONY: Please contact the
 Rectory or go to the website for information. In-class
 preparation is required. Please call Rectory to register.

ANOINTING of the SICK: Please contact the
 Rectory for a priest.

BULLETIN DEADLINE: Submissions should be sent to
 advancement@cathedralstm.org 14 days prior to
 publication.

Mass Schedule

**** LIVE STREAM MASS SCHEDULE ****

Monday—Friday: 12:05pm

School Mass: Friday at 10:00am

Saturday: 9:00am; 5:30pm Vigil

Sunday: 9:30, 12:45 (Spanish) and 5:00pm

**See page 4 for information on
 Communion Services**

**** Until Stay-at-Home Orders are Lifted****

Parish Staff

Beth Blaine, Receptionist
secretary1@cathedralstm.org

Maria Stillone, Bookkeeper / Spanish Liaison
mstillone@cathedralstm.org

Tara Quaadman, Rector's Assistant
tquaadman@cathedralstm.org

Steve Schemmel, Business Manager
sschemmel@cathedralstm.org

Christine Kurtzke Hughes, Director of Advancement
advancement@cathedralstm.org

Maria Paniagua, Youth Ministry &
Religious Education Interim Director
ym@cathedralstm.org

Dr. Richard Gibala, Director of Music
rickgibala@gmail.com

Today's Readings

First Reading:	Acts 1: 1-11
Responsorial:	Psalm 47: 2-3, 6-7, 8-9
Second Reading:	Ephesians 1: 17-23
Gospel:	Matthew 28: 16-20

Readings for the Week

Monday: Acts 19:1-8; Ps 68:2-3ab, 4-5acd, 6-7ab;
Jn 16:29-33

Tuesday: Acts 20:17-27; Ps 68:10-11, 20-21;
Jn 17:1-11a

Wednesday: Acts 20:28-38; Ps 68:29-30, 33-36ab;
Jn 17:11b-19

Thursday: Acts 22:30; 23:6-11; Ps 16:1-2a, 5, 7-11;
Jn 17:20-26

Friday: Acts 25:13b-21; Ps 103:1-2, 11-12, 19-20ab;
Jn 21:15-19

Saturday: Acts 28:16-20, 30-31; Ps 11:4, 5, 7;
Jn 21:20-25

Sunday: Vigil: Gn 11:1-9 or Ex 19:3-8a, 16-20b or
Ez 37:1-14 or Jl 3:1-5; Ps 104:1-2, 24, 35,
27-28, 29-30; Rom 8:22-27; Jn 7:37-39
Day: Acts 2:1-11; Ps 104:1, 24, 29-31, 34;
1 Cor 12:3b-7, 12-13; Jn 20:19-23

Daily Mass Intention

Saturday, May 23

5:30pm Parishioners

Sunday, May 24

8:00am

9:30am

11:00am

12:45pm

5:00pm

The Ascension of Our Lord World Communications Day

Lucas Bauer (D)

Patrick McTavish (D)

Kathleen Cariker (D)

Celebrant's Intention

Smiley Paredes (D)

Monday, May 25

St. Bede the Venerable, St. Gregory VII, St. Mary Magdalene de Pazzi Memorial Day

7:00am

12:05pm

Elena Metzger (D)

V. Adm & Mrs. Lando Zech (D)

Tuesday, May 26

7:00am

12:05pm

St. Philip Neri

Michael Metzger (D)

Sarah La Pierre

Wednesday, May 27

7:00am

10:00am

12:05pm

St. Augustine of Canterbury Shavout begins at sunset

Virginia Beaulieu (D)

Brendan McGuire

Louis Beaulieu (D)

Thursday, May 28

7:00am

12:05pm

Julian Calendar Ascension

Mary Sharp (D)

Pam Chiricosta (D)

Friday, May 29

7:00am

12:05pm

St. Paul VI

Albert Wong (D)

Carissa Cajulis

Saturday, May 30

9:00am

Fernando A. Garcia, Sr. (D)

Deceased (D); Anniversary (A)

**The list of those serving our country, and for whom we
pray, can be found on Page 4. Thank you.**

Remember in your prayers the sick of our parish

especially: Lourdes Batol, Jim Fitzwater, John Ford,
Joan Janaro, Owen Keel, Karen Kelly, Andrew Pinella,
James Saunders, Josephine Whibley. Please call the
Rectory to submit prayer requests for the sick, and also
to remove a name from the list.



*We know we were made for so much more
Than ordinary lives
It's time for us to more than just survive
We were made to thrive
"Thrive" by Casting Crowns*

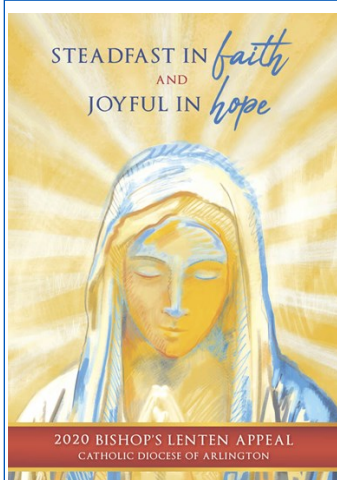
Last fall our school posted a video with the above lyrics playing over the images. The video showed young men and women preparing to live out this year's theme to "Go Make a Difference." Not unlike what Jesus said to his disciples in today's Gospel: "make disciples of all nations."

Again, in Acts the Evangelist summarizes Jesus' ministry. Once again, we have the disciples not fully understanding the message: "Lord, are you at this time going to restore the kingdom to Israel?" They want to see proof that all Christ had sacrificed, all they had sacrificed, was coming to fruition. Jesus replies that it's not up to them to know or to decide when God's plan is accomplished.

He goes on to tell them to stay where they were until they received the Holy Spirit. Anxious though they were to move on, they were not yet fully equipped to do the job. We can all relate to those feelings. Any graduate, new employee or inductee into the armed services will tell you the same thing.

Be patient we tell them. There is much to learn. Be patient God tells US; there is much to learn. We are made for more, as the song mentioned above says. God created us to "make him known." We do this by our words and our deeds. Now, as young men and women begin new chapters in their lives, it is time for them to experience their own Ascension. Parents, teachers and mentors may not always be with us; but their lessons remain. Christ remains. The Holy Spirit remains, empowering us to make a difference.

To those who are making the leap from one school to another or from one life event to another, God does not send you forward alone. You may wonder where He is at times, especially now, but He is there walking beside you. I wish for you, and especially our 8th grade graduates, that you know your worth as a child of God and that you recognize that worth in others. I pray that what you plant in God's garden grows. I pray that in your garden you truly thrive. God bless. ~Fr.Posey



IMPORTANT NOTE ON THE BISHOP'S LENTEN APPEAL

Thank you for supporting our Bishop and the many worthwhile programs.

You are important to the success of this year's BLA. **To date, we have almost \$200,000 raised towards our \$252,000 goal.**

The Bishop NEEDS YOU!

As more people struggle with the effects of COVID-19, the BLA is at the forefront of assistance. **Please go to: <https://bit.ly/2yBgiL7> to contribute. Thank you!**

Stewardship: Catholic Communications



Your support helps the CCC connect people to Christ in the United States and around the world through the Internet, television, radio, and print media. Half the funds collected remain *in our diocese* to support local efforts. Be a part of this campaign to spread the Gospel message. Support the collection today! To learn more, visit www.usccb.org/ccc.



Sadly, the Class of 2020 won't be walking across any stages soon. But that doesn't mean we can't celebrate their achievements! Send us their names (first and last initial) with their current school & post-graduate plans. We'll add them to our prayer list and share on our website and social

media. Send a photo if you like! **Submissions due June 5.** Go to <https://www.cathedralstm.org/2020-graduations/>

Last Cathedral Chat May 27: Pentecost!

Please pray for those serving our country:
Captain Timothy P. Blaine, USMC; Louis Crishock; FSO, Pvt.F.C. Dylan Cate, USA; 2Lt. Robert P. Coffin, USMC; Major Anthony Colella, USAF; Major Justin M. Coons, USMC; COL Richard Creed, USA; MASN Patrick Fischer, USN; 1st Lt. James Law, USMC; LCpl Joseph A. Patrick, USMC; Pvt. Killian Smet, ARNG; Nick Tengtio; SSg. Ryan Wagner, USAF; Major Thomas J. Wissler, USMC; Capt. Evan J. Wright, USAF.



**TO THOSE THAT GAVE ALL,
WE GIVE HONOR
MEMORIAL DAY 2020**



WELCOME HOME!

COMMUNION SERVICE

After Live Stream Masses

12:05pm Daily,
5:30pm Vigil
9:30am, 12:45pm Sundays

Immediately following the Live Stream Masses listed at left. To adhere to guidelines, please remember to:

- Social distance while waiting in line
- No more than 9 persons in a group at one time (the Priest or Deacon make 10)
- Remember to bring your own mask and hand sanitizer

We are so happy to be able to share the Eucharistic table with you. For more information, please go to www.cathedralstm.org or www.arlingtondiocese.org for resources. Thank You!

Saint Thomas More Cathedral School Celebrating 75 Years
You Were Designed for More

Our Teachers Go the Distance for our Graduates — Delivering congratulations signs to their homes!
We can't be together just yet, but we'll always love our kids MORE!



www.stmschool.org

703-528-6781

Around the Diocese

Diocesan Events

Please go to <https://www.arlingtondiocese.org/all-events/> for the most update information on canceled or postponed events.



Bishop Burbidge Podcasts

Listen here: <https://bit.ly/2Vivbi5>

Project Rachel Post-Abortion Healing Ministry

888-456-HOPE / 703-841-2504 /

info@helpafterabortion.org /

www.helpafterabortion.org.

(Men's Helpline: 703-841-3833; Spanish Helpline: 888-456-HOPE / www.ayudadespuesdelaborto.org / info@ayudadespuesdelaborto.org)


MARRIAGE ENCOUNTER

Spring is in the air! Put a spring into your marriage! It's time to clean out the old and bring in new life into your marriage. Learn the techniques to let go of habits that are bringing down your marriage and learn how to keep your marriage a priority in your busy lives. That's just the beginning of what you will receive on a **Worldwide Marriage Encounter** Weekend. Attend one of the upcoming weekends on September 18-20, 2020 in Fairfax, VA and September 11-13, 2020 in College Park, MD. Early sign up is recommended. For more information visit our website at: RenewMarriage-VANorth.org or contact us at applications@renewmarriage-vanorth.org or 703-646-1521.

Follow us on:

 facebook.com/CathedralSTMVA

 <https://twitter.com/CathedralSTMVA>

 <https://www.instagram.com/cathedralofsaintthomasmore/?hl=en>

PLEASE GO TO OUR WEBSITE: WWW.CATHEDRALSTM.ORG FOR THE LATEST CLOSINGS AND CANCELLATIONS,
AND OFFICE HOURS.

REFER TO <https://www.cdc.gov/coronavirus/2019-ncov/index.html> FOR INFORMATION ON COVID-19

A Prayer to Jesus for Healing and Guidance

Jesus, Son of God,
you were sent by the Father
to bear our weakness;
be with us in this time of crisis.

Merciful Savior,
heal and comfort the sick,
so that, with health restored,
they may give you praise.

Divine Physician,
accompany our caregivers
so that, serving with patience,
they may heal wisely.

Eternal Wisdom,
guide our leaders
so that, seeking remedies,
they may follow your light.

Christ, the Anointed,
protect us in body and spirit,
so that, freed from harm,
we may be delivered from all affliction.

Who live and reign with God the Father
in the unity of the Holy Spirit,
one God, forever and ever.

Amen.

Oración a Jesús para pedir sanación y guía

Jesús, Hijo de Dios,
a Ti que fuiste enviado por el Padre
para asumir nuestra debilidad,
te pedimos que nos acompañes
en este momento de crisis.

Salvador Misericordioso,
ayuda y consuela a los enfermos,
para que al recobrar la salud
puedan alabarte.

Médico Divino,
acompaña a nuestros proveedores de cuidado
para que al servir con paciencia
puedan sanar debidamente.

Fuente de Eterna Sabiduría,
guía a nuestros líderes
para que al buscar remedio
puedan seguir tu luz.

Cristo, el Ungido,
protégenos en cuerpo y espíritu,
para que al salir ilesos del daño
seamos librados de toda aflicción.

Tú que vives y reinas con Dios Padre,
en unidad del Espíritu Santo,
un solo Dios verdadero,
por los siglos de los siglos.

Amén.

PUT THIS PAGE ON YOUR REFRIGERATOR!